

Cascades INSIGHT

Cascades Job Corps • Sedro-Woolley, WA

Volume 18, Number 2 • February 15, 2006



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Pasta Feast & Big Basket Bonanza

sponsored by Cascades Job Corps Center
Community Relations Council

Our Pasta Feast evening features an array of pasta, sauces, vegetarian lasagna, and stuffed shells, along with desserts and drinks. \$15 for a family; \$5 per adult; \$3 for child or senior citizen.

We will be raffling off many baskets full of fabulous items.

Each basket will have a value of \$40 to \$50 in merchandise from local businesses and individuals. You can purchase tickets during the Pasta Feast, then you should sign your name and contact information on the back of each ticket.

We will have the **Baskets** being raffled situated around the room and you will have ample time to inspect each of the baskets. At each Basket we will have a container to hold the raffle tickets. You may put one of your tickets into the container next to the Basket of your choice.

You can put tickets into as many containers as you wish, and you may purchase as many tickets as you wish.

At the end of the evening we will pick a ticket from each container and announce the winner of that Basket. You need not be present to win... but please make sure you put your name and contact info on each ticket so we can notify you.

Please Join Us For This Fun and Delicious Evening

Job Shadow Program Allows Students to See Workplaces in Action



Left: Sharon Dillon, Mayor of Sedro-Woolley, and Cascades student Justin Wells on Job Shadowing day, February 2, 2006, in the Mayor's office.

Right: Hannah Holden, Cascades Job Corps student Job Shadowed United General Hospital ER Nurse Liz Coloby.



CJCC Helps With Camp Kirby Cleanup



Recent storms brought high tides and wind to the shore and beach area of the Camp Kirby Campfire facilities. On Saturday, February 11, 2006, 27 Cascades Job Corps Center student volunteers and two staff members helped clean up the debris, logs, and underbrush to bring the camp back to usability. See page 7.

Cascades Student Awards: December 2005 & January 2006

presented at the February 6, 2006 Assembly

ACADEMICS

Math: Jason Croghan & Katherine Simpkins
Reading: Liyu Yirdaw & Jamie Roche
ESL: Alem Bayu
Work-Based Learning: Marissa Darbo, Negyat Asfaw, Chris Morton

VOCATIONAL TRADES

Cement Masonry: Jared Hollett
Carpentry: Chad Anderson
Facilities Maintenance: John King
Electrical Wiring: none chosen

CENTER VOCATIONS

Medical Assisting: Jason Le

Health Occupations:

Liyu Yirdaw
Culinary Arts: Daniel Grise
Dental: Angelica Griffin
Business Clerical: Cierra Lenard
Medical Office Specialist: Jessica Bryan

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Center Director's Message



by Kim Shillinger

I'm growing weary of the endless shades of gray skies, the constant Northwest drizzle and the early darkness. I think I'm ready for Spring.

It is starting to stay light a little longer each day. Our dormant campus will soon be bursting with beautiful spring colors. I am certainly looking forward to our next two

graduations in March and May. We have many students that are getting close to completing their trades.

When the students walk in their graduation ceremony, it reminds me of a sunny Spring day. Parents, family members and friends of the graduates are invited to come and share this special moment. Our students are honored for their accomplishments, certificates and diplomas are awarded. Students, families, friends, and staff are elated.

The smiling faces, tears of joy, numerous hugs and glowing personas and auras remind me of the beautiful Spring-time flowers and blossoms. Our students shine and they will soon be departing Cascades for the next phase of their life. Come and join us at our next graduation on Friday March 17, 2006. Hors d'oeuvres and refreshments will be served.

Editor's Corner

A Prayer for Every Day

by Mary Carolyn Davies

Make me too brave to lie or be unkind.
Make me too understanding, too, to mind
The little hurts companions give, and friends,
The careless hurts that no one quite intends.

Make me too thoughtful to hurt others so.
Help me to know
The inmost hearts of those for whom I care,
Their secret wishes, all the loads they bear,
That I may add my courage to their own.

May I make lonely folks feel less alone,
And happy ones a little happier yet.
May I forget what ought to be forgotten;
and recall unfailing, all
that ought to be recalled, each kindly thing,
forgetting what might sting.

To all upon my way,
Day after day,
Let me be joy, be hope! Let my life sing!

Student Government

Association meetings are every Thursday at 6 PM
in the Cultural Center. Dorm points are increased by one point
for each participant. Please attend and get involved.

Cascades Insight is published monthly by
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Student Editor: Ashley Haughton



Cascades Insight is a monthly publication of Cascades Job Corps Center in Sedro-Woolley. All items for publication must be turned in to the Newspaper Mailbox in the Staff Lounge in the administration building by the 15th of every month. Letters to the Editor must be legible, double spaced, and signed by the writer with complete address and phone number. No letter will be published that is of a personal, libelous, or malicious nature. The writer's name may be deleted by request of writer and acceptance of the editor. Copyright 2006 Cascades Job Corps Center, Sedro-Woolley, Washington
visit our website at <http://cascades.jobcorps.gov/>

Bulletin Board

Perfect Attendance as of Dec. 2005

20 Months

Shishai Abraham

19 Months

Kristin Scott

18 Months

Samuel Chapman
Alberto Flores-Carrasco

17 Months

Tina Feltman
Sulial Sikong
Mesay Woldemichael

15 Months

Jose Lopez

14 Months

Maricela Flores-Carrasco

Million Kassie
Christopher Miller

13 Months

Tije LaJuan
Jason Le
Richard Robbins
Josue Toj

12 Months

Mireya Arevalo
Tuan Le
Gabriela Morales

11 Months

Rahel GebreMariam
Ariadna Puente-Gomez
Katherine Simpkins

GED Achievers

Jenaa Hill, Nov. 16, 2005
James Lynn**, Dec. 7, 2005
Angela Marrocco**, Dec. 8, 2005
Tamiah Stevenson, Dec. 14, 2005
Ashley Loren*, Dec. 14, 2005
Robbie Cagle*, Dec. 15, 2005
Will Murray*, Jan. 11, 2006
Jesse Bates***, Jan. 11, 2006

* Honors (2,500+)
** High Honors (2,700+)
*** High Honors With
Distinction (3,000+)

Driver's License Achievers

Dec./Jan.

Iskendir Ali
Glenda Castillo
Assmamaw Mamaru
Jessica Oakley
Jerod Hollett
Abdirahman Ali
Jermey Valdez
Million Kassie
Mesay Woldemichael
Chad Anderson

Platinum Phase

Jose Lopez
Negyat Asfaw
Yelena Volosyanko
Ariadna Puente-Gomez

Fork Lift Certification



Students earning their forklift operation certification include Chad Anderson (on forklift), Joel Torres and Vincent Caliendo (standing), and Aaron Burns (not available for photo).

Learning Outside of School

I have learned a lot outside of school. But one thing that I have learned that has been a big part of my life was being an addict. It has messed up my life and has made me lose friends, family, and most importantly—the love of my life.

In a health class I took in high school, we were shown a lot of movies on drugs and alcohol. But one big thing the movies didn't show us (and I had to learn while being an addict), was that you lose people when you become an addict. It is the worst feeling in the world, knowing people love you and care for you and want to help you the best they can, but it's all up to you to want help. You can't help someone that doesn't want help.

When I started to lose people I loved most is when my eyes opened and I decided that I needed help. So then I signed up for Job Corps, thinking that this would help me, and it didn't. I came in clean, but I was stressing all the time and depressed, so I started back up again.

I heard about these NA groups and the group on campus. I knew I needed to go if I wanted the love of my life to come back to me and be together once again. So, I decided to take matters into my own hands. As of February 3, 2006, I have been clean a month. I love it. I love the feeling.

In health class, the movies didn't tell me it would be this hard. But like always I learn different things everyday. I'm proud to say, I am clean and I am not an addict anymore.

I'm glad I have gone through this; now I know the signs and symptoms so that when I see someone in need, or when I have kids someday, they won't have to learn in school or in the world. I can help them so that they don't have to go through what I went through and hopefully they won't be surrounded by it.

Learn to embrace change,
and you will begin to
recognize that life is in
constant motion and
every change happens for a
reason.

Tell Me

by Casey S., Oct 2005

God, tell me why I have this
disease, then tell me what
it is;
When I know what this
disease it, then tell me how
I got it;
When I know how I got this
disease, then tell me what
I did to deserve it;
When I know what I did to
deserve this disease, then
tell me how to live with it;
When I know how to live
with this disease, then
please forgive me of it;
And when I die from this
disease, let me join you in
your kingdom.

**Olesya Shtatnik,
Cascades Student of the Month**



Olesya came to Cascades from Everson, Washington last March. She chose Medical Office Assistant as her occupation.

“Job Corps has helped me in many ways, it has helped me to become a team worker. It has give me the opportunity to learn a good trade and get used to all the people,” Olesya stated.

Her advice for a new student is, “Do the best you can. To get through life, set goals and make a plan to reach them.”

Olesya is 17 years old and T-Hall leader in Evergreen Dorm.

**Zachary Henry, Community Service
Student of the Month**



Zachary is 16 years old and came to Cascades least November from Tulalip, Washington. He chose Business Technology as his vocation. He is earning his GED and High School Diploma and Driver’s License while at Cascades Job Corps Center.

“Since coming here I think about my life more. I can be more independent and it’s changed the way I live. It has helped get me on my feet, and to become more responsible. To keep going, don’t give up. Do it for yourself, not for others and stay out of the drama,” Zachary said.

“I like community service, because I can get more involved with adults and become a helper,” Zachary concluded.

Cascades Student Awards

continued from page 1

Basic Information
Technology: Franklyn Fox

DORM LEADERS
Mt. Rainier: David Burk
Evergreen: Jared Hollett
Challenger: Vanessa Harris
White Water: Angelica Griffin

EMPLOYABLITY SKILLS
Rachel Cooper, Kate Simpkins, Jerry Holden, Trisha Payne, Pabior Ajang

CENTER AWARDS
Recreation: Sulial Sikong
Community Service: Zachary Henry
Center Support: Adam Watson
Food Service: Franklyn Fox
Overall Cascades Male Student: Josue Toj
Overall Cascades Female Student: Olesya Shtatnik
Dorm of the Month: Evergreen
2nd Place Dorm of the Month: Mt. Rainier



The ABCs of Self Confidence

A = **Affirm.** Others can do it, so can I.
B = **Believe.** There is a better life in store for me.
C = **Choose.** Break loose from the negative force/thoughts that control and imprison me.

**Josue Toj,
Cascades Student of the Month**



Josue is 21 years old, and he came to Cascades Job Corps Center in November of 2004 from Renton, Washington. He has chosen Business Technology as his vocation.

“Job Corps has helped me in so many ways. It has opened a lot of doors for me in the field of business. I have a job in a bank after graduating from Cascades. It has helped me get my GED and Driver’s License,” he said. “To succeed you must set and stick to your goals,” Josue concluded.

**Jared Hollett,
Evergreen Student of the Month**



January 2005 was the month that Jared arrived at Cascades from Oak Harbor, Washington. He is 21 years old.

“Job Corps has helped me a lot. I have gotten my High School Diploma and Driver’s License here. I have had the opportunity to receive leadership training and learned to get to my job on time and to live in a very diverse community. You have to give it at

Job Shadow Day



Dan Perez, a Cascades Job Corps student, Job Shadowed with a Sedro-Woolley Police Officer on February 2, 2006.

least six months. Give it time to get easier, and stay in your trade,” Jared advised.

**David Burk,
Student Leader in Mount Rainier Dorm**



David is 23 years old and from Bellingham, Washington. He came to Cascades last August. He chose Cement Masonry as his trade.

“Job Corps has given me the opportunity to finally find what I want to do. I want to be a man and get the education and a trade for a job I can have the rest of my life. Job Corps is a great opportunity to receive a full education and a career opportunity. Take advantage of this, it may not come around again,” he said.

His leadership positions have included Assistant Floor Leader in Mount Rainier Dorm.

**Vanessa Harris,
Challenger Student Leader of the Month**



Vanessa is 23 years old and came to Cascades in November from Mount Vernon, Washington. She chose Dental Assisting for her trade.

“Job Corps has helped me get my GED and High School Diploma. It has taught me about time management and skills for getting and keeping a job. I also was able to get my Driver’s License here,” Vanessa says.

Her leadership responsibilities have included C Hall Assistant Floor Leader, and Floor Leader in Challenger Dorm.

Her advice is, “Keep your mind on your goals and why you came here. Never spend your time wishing that you were someone else, it only wastes the person you are.”

Tolerance and respect are the essential ingredients for peace.

Recreation Activities Include Sports Tournaments:



Pool Tournament Winners

Open Pool. Game Winners (1st; 2nd)
12/5/2005. 9-ball. Chris Lam; John Valbush
12/12/2005. 8-ball. Tabio Jenkins; Darold Bowen
1/9/2006. 8-ball. Million Kassie; Shayla Driskell
1/16/2006. 9-ball. Tyler Williams; Marino Merlas
1/23/2006. 8-ball. Jarrad Pimentel; John Valbush

Men Winners (1st; 2nd)
12/6/2005. Million Kassie; John Valbush
1/10/2006. Million Kassie; Cliff Allameta
1/17/2006. Jarrad Dimental; Octobio Jenkins
1/24/2006. Octobio Jenkins; Michael Fox

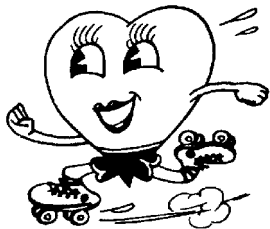
Women Winners (1st; 2nd)
12/7/2005. Liylu Yirdaw; Christine Aderhold
12/14/2005. Christine Aderhold; Shayla Driskell
1/11/2006. Shayla Driskell; Christine Aderhold
1/18/2006. Andria James; Shayla Driskell

Coed Pool. Winners (1st; 2nd)
12/8/2005. Chris Harveston & Christine Aderhold;
. Tim Bastien & Morgan Christie
1/5/2006. Tim Bastien & Christine Aderhold;
. Joe Busch & Ashley Houghton
1/19/2006. Shayla Driskell & Brian Radek;
. Andria James & Marino
1/26/2006. Mimi Abebe & Benson Freeman;
. Josh Standridge & Sierra Vanwyk

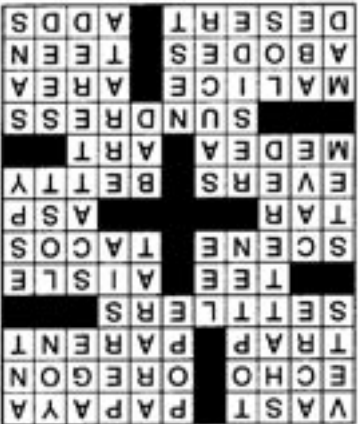
Team Pool Winners (1st; 2nd)
1/21/2006. Emmanuel Bullen & Josh Sanchez;
. Shayla Driskell & Christine Aderhold
1/27/2006. Tim Bastien & Jarrad Pimental;
. Abdirahman Ali & Mohammed Elmi

3-Ball Pool Winners (1st; 2nd)
12/10/2005. John Valbush; Chris Lam
1/14/2006. Million Kassie; Remy Bourgeau
1/21/2006. Mike Fox; Chris Harveston
1/28/2006. Ahmed Ali; Tim Bastien

Never Give Up: Go over, go under, go around, or go through... But never give up!



A hundred years from now... it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove... but the world may be different, because I was important in the life of a child.



2006 Intramural Basketball Schedule

Feb. 7, (Tues.)	6:15 pm	Red vs. Green
Feb. 9 (Thurs.)	6:15 pm	Blue vs. Purple
Feb. 14 (Tues.)	6:15 pm	Green vs. Blue
Feb. 16 (Thurs.)	6:15 pm	Purple vs. Red
Feb. 21 (Tues.)	6:15 pm	Red vs. Blue
Feb. 23 (Thurs.)	6:15 pm	Purple vs. Green
Feb 28 (Tues.)	6:15 pm	Red vs. Green
March 2 (Thurs.)	6:15 pm	Blue vs. Purple
March 7 (Tues.)	6:15 pm	Green vs. Blue
March 9 (Thurs.)	6:15 pm	Purple vs. Red
March 14 (Tues.)	6:15 pm	Red vs. Blue
March 16 (Thurs.)	6:15 pm	Purple vs. Green
Playoffs		
March 21 (Tues.)	6:15 pm	#1 vs. #4
March 23 (Thurs.)	6:15 pm	#2 vs. #3
March 30 (Thurs.)	6:15 pm	Championship Game

All games start at 6:15 pm sharp!
Team listed first, please wear white of light color.
Team listed second, please wear black of dark color.

Life is a one-way street. No matter how many detours you take, none of them leads back. And once you know and accept that, life becomes much simpler. Because then you know you must do the best you can with what you have and what you are and what you have become.
~Isabel Moore,
"I'll Never Let You Go." (Farrar & Rinehart)

Basketball, Volleyball are Always Popular



Volleyball Team Blue
Captain, Joe Dengler. Mike Parker, Stephanie Carney, Jose Lopez, Savannah Griffin, Katherine Smith (1), Zach Henry, Crystal Feltman, Sulial Sikong.



Volleyball Team Purple
Captain, Mekasha Telele. Alem Bayu, Negyat Asafew, Tigest Tsige, Iskendir Ali, Birham McKenen (2), Lamrot G. (1), Benson Freeman, Metku Argaw, Mil-lion Kassie, Franklin Fox (1).



2006 Intramural Volleyball Schedule

Feb. 8, (Wed.)	6:15 pm	Blue vs. Green
	7:30 pm	Red vs. Orange
Feb. 13 (Mon.)	6:15 pm	Blue vs. Red
	7:30 pm	Green vs. Purple
Feb. 15 (Wed.)	6:15 pm	Purple vs. Orange
	7:30 pm	Green vs. Red
Feb. 20 (Mon.)	6:15 pm	Orange vs. Blue
	7:30 pm	Red vs. Purple
Feb. 22 (Wed.)	6:15 pm	Purple vs. Blue
	7:30 pm	Orange vs. Green
Feb. 27 (Mon.)	6:15 pm	Blue vs. Green
	7:30 pm	Red vs. Orange
March 1 (Wed.)	6:15 pm	Blue vs. Red
	7:30 pm	Green vs Purple
March 6 (Mon.)	6:15 pm	Purple vs. Orange
	7:30 pm	Green vs. Red



March 8 (Wed.)	6:15 pm	Orange vs. Blue
	7:30 pm	Red vs. Purple
March 13 (Mon.)	6:15 pm	Purple vs. Blue
	7:30 pm	Orange vs. Green
Playoffs		
March 15 (Wed.)	6:15	#4 vs. #5
March 20 (Mon.)	6:15 pm	#1 vs winner of # 4 vs. #5
March 22 (Wed.)	6:15 pm	#2 vs. #3
March 28 (Tue.)	6:15 pm	Championship Game

Horoscopes from Astrology-Online.com

by Michael Thiessen ©2006.

ARIES (Mar. 21~April 20)

Listening can be more valuable than being a chatterbox. Be careful not to divulge secret information this month. Difficulties may be encountered while traveling in foreign countries. You can pick up information that will give you an edge.

Your luckiest events this month will occur on a Saturday.

TAURUS (Apr. 21~May 21)

Double check your work and be sure that your boss is in a good mood before you do your presentation. Do what's best for the people you love most. Get involved in sports events that will benefit your physical appearance. Change will be required to make your life more harmonious.

Your luckiest events this month will occur on a Friday.

GEMINI (May 22~June 21)

Get involved in the activities of children. They will teach you far more than you expect. Look into making changes to your personal papers and don't neglect those bills that have been piling up. Offer love and affection instead of conflict and rejection. Before you proceed be sure to talk your plans over with those they will affect.

Your luckiest events this month will occur on a Sunday.

CANCER (June 22~July 22)

Don't be taken advantage of by any fast talking salesperson trying to part you from your cash. You should check out prestigious clubs or groups that have a cause you believe in. You may want to take another look at the investment you are about to make. A new image can be the result if you

change your look.

Your luckiest events this month will occur on a Sunday.

LEO (July 23~Aug. 22)

Communication will be the source of your knowledge and you must be sure to spend time with those who have more experience. Restrictions may be difficult for you to live with, but try to do things by the book. You must not allow them to force you to rush. You can have an enjoyable time if you socialize with friends.

Your luckiest events this month will occur on a Tuesday.

VIRGO (Aug. 23~Sept. 23)

Coworkers may not be completely honest with you; try not to rely on help from others. Moneymaking ventures may just turn your life around.

You can accomplish a lot if you deal with other people's money or possessions this month. You will be highly sensitive to comments made by your lover.

Your luckiest events this month will occur on a Friday.

LIBRA (Sept. 24~Oct. 23)

Comfort is a necessity. Check your motives. Unexpected bills will leave you a little short. Try not to say the wrong thing at the wrong time. Don't let your anger consume you and don't allow important matters go unattended to.

Your luckiest events this month will occur on a Tuesday.

SCORPIO (Oct. 24~Nov. 22)

Be sure to use your charm and diplomacy when dealing with potential new clients. You can make new friends and get involved in new hobbies

These horoscopes are cast as an "in general" type. They may not apply at all to some because many other factors may be involved (cusps, ruling houses, etc.). I hope you gain some insight from this and find it entertaining as well as useful. Copyright Notice — Used with kind permission of Michael Thiessen.

successfully. Entertainment should include your whole family. Try to get every one involved; it will help bring you closer together.

Your luckiest events this month will occur on a Friday.

SAGITTARIUS (Nov. 23~Dec. 21)

Be careful not to confuse issues when discussing the matters at hand. Don't hesitate to voice your opinions when it comes to matters pertaining to work. Set a limit, or you'll wind up on a tight budget. Problems with skin, bones, or teeth may mess up your schedule. Your luckiest events this month will occur on a Thursday.

CAPRICORN (Dec. 22~Jan. 20)

Your partner's a little jumpy. You might find that the extra cash will come in handy when an opportunity to invest comes along. This is not the best day to visit relatives who get on your nerves. This is not the time to lend or borrow money or possessions. Your luckiest events this month will occur on a Thursday.

AQUARIUS (Jan. 21~Feb. 19)

Lend an ear to children; it can make a difference. You will not be pleased with family members who try to put demands on you when you just don't have the time. Romance could develop through social activities or short trips. Don't let your anger consume you and don't allow important matters go unattended to. Your luckiest events this month will occur on a Tuesday.

PISCES (Feb. 20~Mar. 20)

Don't bother complaining, do the work yourself. Stress coupled with diet will add to stomach problems. Difficulties may be encountered while traveling in foreign countries. Go out with friends. Your luckiest events this month will occur on a Monday.

Student Honor Phases

January 3, 2006

Phase 4

Omar S. Amezcua
Yared K. Asefa
William J. Ashe
Tangerie Barnett-Coleman
Alem S. Bayu
Sultan Berry
Wilma L. Brown-Martinez
Ryan D. Brunson
Jessica D. Bruan
Emmanuel Bullen
David W. Burk
Vincent E. Caliendo
Stephanie L. Carney
Gene S. Carter
May K. Casipi
Jennifer D. Caswell
Samuel M. Chapman
Matthew F. Chilcote
Rachel E. Cooper
Marissa S. Darbro
Michelle L. Davidson
Terra Deboard
Emebet T. Demisse
Henok G. Demissie
Mohamud M. Elmi
Crystal L. Feltman
Tina M. Feltman
Alberto Flores-Carrasco
Benson Freeman

Steven C. Freeman
Derrick S. Gallard
Lamrot E. Gebremariam
Mekasha T. Gedlie
Angelica R. Griffin
Savannah M. Griffin
Catherine M. Hancock
Hannah Holden
Cristobal M. Ignacio
Andria N. James
Jennifer L. Jones
Christopher D. King
Jennifer Larsen
Lindsey A. Lawrence
Jason A. Leonhard
Ashley Loren
Keith J. Lovell
Stepahnie Maines
Assmamaw K. Mamaru
Sean McCoy
Zane M. Mehl
Marcy J. Miner
Birhan H. Mokenen
Christopher J. Morton
Samuel A. Nadew
Dalina Namdrik
Trisha Payne
Christopher A. Roberts
Rebecca D. Robins
Kristin J. Scott

Student employees set their goals and expectations when they come to Cascades. The Phase program measures their achievements toward these goals. Periodically a meeting is held which includes the student employee, a counselor, an academic representative, the vocational instructor, and a dorm staff member. These professionals evaluate the student employee's progress, much like it would be done at a work site. From this meeting the student employee is placed in the Phase group he or she has earned. Phase 5 is the highest achievement group.

Mekides Seneshaw
Olesya G. Shtatnik
Sulial Sikong
Latrisha Simms
James N. Stover III
Daniel J. Taylor
Josue E. Toj
Joel W. Torres
Tigest A. Tsige
John D. Valbush
Anthony Vanderberg
Sierra R. VanWyk
Melissa N. Verlander
Mehret V. Weldeghebriel
Justin L. Wells
Mesay Woldemichael
Lydia J. Yancey
Liyu D. Yirdaw
Meron D. Yirdaw
Rediet Yirdaw

Phase 5

Shishai Abraham

Mireya Arevalo
Meteku T. Argaw
Negyat Asfaw
Haymanot W. Awaji
Lucas C. Bonilla
Glenda M. Castillo
Maricela Flores-Carrasco
Rahel H. Gebremariam
Jesse Greenough
Million M. Kassie
Tuan T. Le
Jose D. Lopez
Matthew W. Miller
Gabriela E. Morales
Elizabeth Posas
Ariadna Puente-Gomez
Javier N. Salinas
Edith M. Silva
Isaac C. Snider
Yelena Y. Volosyanko
Ian C. Weydert
Biniyam Yemane-Berhane

Camp Fire Campground Cleanup After High Wind and Tide

Camp Kirby on Samish Island, Washington, is the regional retreat site of Camp Fire USA. Recent storms brought high wind and high tides that resulted in a great deal of damage to the shore and beach area of Camp Kirby. Lots of logs and debris were washed ashore and needed to be cleaned up.

On Saturday, February 11, 2006, 27 Cascades Job Corps

Center student volunteers and 2 staff members assembled at the beach and helped clean up the debris, logs, and underbrush to bring the camp back to usability. Facilities Maintenance students powerwashed the interior of a building that had been inundated by storm surge waters. Cascades volunteers will return to continue the cleanup job in coming weeks.

Camp Kirby is a 47-acre camp on Samish Island along Padilla Bay, owned and operated by Camp Fire USA – Samish Council. Camp Kirby has forest, tidelands, and 1-1/2 miles of saltwater beach. Established in 1923, it serves grades 1-12 and is a coed camp. Youth attend overnight or day camp sessions. Activities include swimming, canoeing, kayaking, archery, hiking, challenge course, camping, arts and crafts and out-of-camp trips. The camp is open to Camp Fire members and non-members.



Camp Fire USA's mission is to build caring, confident youth and future leaders. This is done through progressive, age-appropriate, small-group activities in a variety of settings. For nearly a century Camp Fire USA has been teaching integrity, responsibility, and tolerance. Camp Fire USA camps offer developmental activities that lead to positive youth development outcomes, including: planning and decision making; cultural competence, sensitivity and friendship building; extended friendship circles; teamwork and a sense of fair play; peaceful conflict resolution; service to the community; constructive use of time; caring adult relationships.



Some text taken from their website.

Health Beat

When It's Time For Wisdom Teeth To Go

It's easy to locate your wisdom teeth, otherwise known as your third molars, if you still have them. You can just open your mouth and point to the very back teeth if you're among those folks whose wisdom teeth popped up on schedule in your early teens. They're called wisdom teeth, by the way, because they erupt when we are supposedly maturing and gaining the wisdom that will see us through life.

Our third molars won't necessarily accompany us much beyond our teen years, in many cases. Dr. John Evans, clinical associate professor of oral and maxillofacial surgery in the University of Washington School of Dentistry, says wisdom teeth, even the ones that erupt successfully, are notoriously difficult to brush and floss correctly.

"It's not unusual to find patients who have perfectly good teeth, except for the wisdom teeth," he says, "simply because of the architecture of the gums around the wisdom teeth. Wisdom teeth that erupt completely and line up well with other teeth can be saved as long as they are cleaned every day. If the wisdom teeth get cavities, they may have to be removed, because of the difficulty of treating cavities that far back in the mouth."

Periodontal disease can be a result of retaining partially erupted wisdom teeth. Again, the difficulty of cleaning the wisdom teeth is the culprit.

Evans says, "Cavities and bone loss can develop on the second, or 12-year, molar, in addition to around the third molar. Plaque and food debris can build up because of the cleaning challenges of having that third molar still in place," he adds, "and sometimes people will lose what would ordinarily be healthy second molars because of impacted or partially impacted wisdom teeth."

The most common complication of impacted wisdom teeth is periocoronitis, a very painful repeated infection of the soft tissue covering and around the tooth.

"Sometimes that will resolve itself if there is enough room for the tooth to erupt completely

into the mouth," Evans says. "If there isn't room, the pericoronitis will go on episodically until the tooth is removed."

Wisdom teeth that are completely covered by gums or still embedded in the jawbone can often stay in place if there are no problems, but Evans urges people in that situation to have them X-rayed every couple of years.

"Cysts or even benign tumors can develop painlessly around impacted wisdom teeth," Evans explains. "Cysts can displace other teeth resulting in nerve injury when the cyst and wisdom teeth are finally removed. That would never have occurred if the impacted tooth had been removed in a timely way."

So, you ask, when is the right time to have a pesky wisdom tooth or four removed? It's best to schedule the procedure during the late teens. The roots are not as completely developed as they will be in later life, so complications are reduced and recovery time is shorter, Evans advises.

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Recreation: Table Games Keep People Active on Rainy Days



Air Hockey and Ping Pong are two tabletop games available for play.

Spring Is On The Way



Get out and garden a little, even a pot of bulbs can bring great joy as the days get longer.



Crossword Puzzle

1	2	3	4		5	6	7	8	9	10
11					12					
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ACROSS

- 1 Sweeping
- 5 Yellow fruit
- 11 Parrot
- 12 Salem setting
- 13 Catch
- 14 Report card signer
- 15 Homesteaders
- 17 Golf need
- 18 Usher's place
- 22 Embarrassing outburst
- 24 Sonora snacks
- 25 Paving goo
- 26 Nile serpent
- 27 Tinker-Chance go-between
- 30 Veronica's rival
- 32 Greek enchantress
- 33 Curator's concern
- 34 Sleeveless garment
- 38 Spite

- 41 Neighborhood
- 42 Dwellings
- 43 High school student
- 44 Maroon
- 45 Tacks on

DOWN

- 1 Chicken tenders
- 2 Lot unit
- 3 Broken
- 4 Hit list
- 5 Vatican VIP
- 6 Turkey's highest point
- 7 Iran, once
- 8 Application form datum
- 9 Over there
- 10 Hill builder
- 16 Grant's foe
- 19 Strewn
- 20 Misplaced
- 21 Catch sight of
- 22 Goblet feature
- 23 Bar's home
- 28 Dwell
- 29 UFO's shape
- 30 Naughty
- 31 Book goofs
- 35 Comfy home
- 36 Watermelon item
- 37 Opposite of *avec*
- 38 Ticked off
- 39 Honest fellow
- 40 ___ Alamos



Crossword Answer on page 4